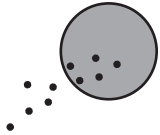


# PISTOL REFINEMENTS

## MISPLACED *GROUPS* ARE OPPORTUNITIES TO IMPROVE

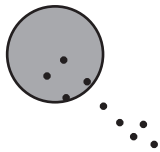


### Low Left Pattern

**OPPORTUNITY: Work on Trigger Control. Trust Blurry Sight Placement**

You want that perfect shot, but your hold is moving all over the place (or so you think). It is VERY tempting to think you can pull the trigger at just the exact moment when your “arc of movement” is in the center of the target. That’s a polite way of saying you think “jerking” the trigger works for you. News Flash: It doesn’t. Now and then you might get lucky, but that’s all it was. Consistent good shots are the reward that comes from smooth trigger control. A jerked trigger often also recruits whole hand flexion.

**BE YOUR OWN COACH:** Dry-fire a bit before you shoot. Practice smooth, even pressure on the trigger that is consistent throughout the entire range of motion of the trigger. Then drop a few dummy rounds in different order into a couple of magazine. Scramble the magazines so you don’t know when the dummy rounds will be in the chamber. Shoot watching for a *perfectly* still gun when there is a dummy round in the chamber. This is called the “Ball and Dummy” drill.

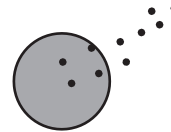


### Low Right Pattern

**OPPORTUNITY: Work on Trigger Control**

Draw the trigger straight to the rear. Keep your grip the same throughout the shot. Tightening your grip and “snatching” your trigger when you think your sight picture is where you want it is a great way to see your shots drift down and to the side.

**BE YOUR OWN COACH:** Draw a 4” straight line on the back of a target. Pretend it is the slide. Draw an 2” oval at one end of the line. Pretend that is the grip. Place your gun over the drawing with the grip in the oval and the barrel over the line. Grip the gun with your finger on the trigger. Remembering that grip, slip the gun out of your hand and pretend you are still holding it like you do when you shoot. With your other hand, place a pen vertically on the paper where the trigger was. Place your shooting finger on the pen (as though you are going to shoot). Don’t “cheat” and let your hand move off the oval where the grip would have been if the gun were still on the paper. Now draw your trigger as though you are shooting. You are trying to trace a line with the pen exactly over the original line. Practice until the line you draw never deviates off the original line.



### High Right Pattern

**OPPORTUNITY: Work on Hold Control**

Keep your grip consistent as you execute the shot. Don’t change where you put pressure on the grip or how hard you squeeze the grip once you start the “trigger control step.” Keep your wrist locked with your elbows straight.

**BE A COACH FOR OTHERS:** Take a video of your shooter firing several shots. Be sure to hold your phone steady. Use a tripod if you have one or are videoing yourself. Play the video back in slow motion looking for muzzle movement *just before* the shot breaks. There is an app called “Coach’s Eye ([www.coachseye.com](http://www.coachseye.com)) that is well worth the \$120 if you are serious about smoothing your shooting.

**Recoil Anticipation is almost universal. Why wouldn’t you tense-up when you know your gun is going to smack your hand when you shoot? You just have to train your brain not to “protect yourself.” Work on “Ball and Dummy” drills to concentrate on Hold Control, Breath Control, Trigger Control, Aiming, and Follow-through without flexing in anticipation of a recoil.**

**Another thing almost everyone does is “sneak a peek” at the target to double-check your sight picture. That is often sub-conscious. You want to hit your target. It is natural to want to look at it. When you shift your focus to the target, even for a fraction of a second, most people see two front sights (one through each eye). Which sight is the one you need to aim with? Know which eye is your dominant eye and keep it focused on the front sight - even after the shot. Don’t look for your shot placement on paper. NEVER shift your depth of field while shooting. Instead, learn to read what your sights looked like when the shot broke and “call your shots” from that image in your mind.**